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Metta Mail: Tyler & Nicole

1 message

KEVIN FREIDBERG <kevinfreidberg@gmail.com>
To: mettamail@commongroundmeditation.org

Wed, Feb 6, 2013 at 11:04 AM

Hey Folks,

I'm riding Kevin's nudge here and making my Metta Mail debut, but I want to say thanks to all who haven't put off sharing until now. I've very much enjoyed getting a glimpse into y'all's practices, and finding mercy for myself in seeing the shared struggles behind your insights. Glad to be here.

I had a wonderful opportunity last night to get a fresh look at my relationship practice with my wife, Nicole. Having a disability puts Nicole in a position to require assistance to complete almost every physical task, and we try to balance the providing of that assistance between myself and our Personal Care Assistants as best we can. Lately, though, that balance has been thrown off by our new PCA's inability to perform all of Nicole's cares, leaving me with much of the task and seemingly little time for my own interests. My response to this, combined with the isolation of our 'quarantine' period as we avoid the rampant flu which poses a particularly lethal threat in our case, has been to become extra sarcastic, cynical and at times downright snide in my joke-disguised emotional dumps. I've been feeling very stuck; there's no way to re-balance the situation aside from the lengthy process of finding new help. Still, I haven't wanted to tell Nicole about the stress I've been feeling because I've feared she would feel burdensome and rejected.

Last night, however, upon noticing my snippiness, I decided to just be honest with Nicole about how tired I am. The result was a very candid discussion about the fears we each feel in a relationship involving so much dependence, dedication and limitation, and the vulnerability that comes with it. I glimpsed, yet again, how similar a relationship is to formal meditation. Even in the pooling trickle of mental and emotional stress, the connection to a loved one acts as a meditation bell of sorts, carrying this wandered mind back home to the constant meditation that is my relationship with this beautiful person. And I begin again.

Much Love,
Tyler

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Share your practice for the benefit of others by writing a Metta Mail: kevinfreidberg@gmail.com or [mettamail@](mailto:mettamail@commongroundmeditation.org)

8/8/2016

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